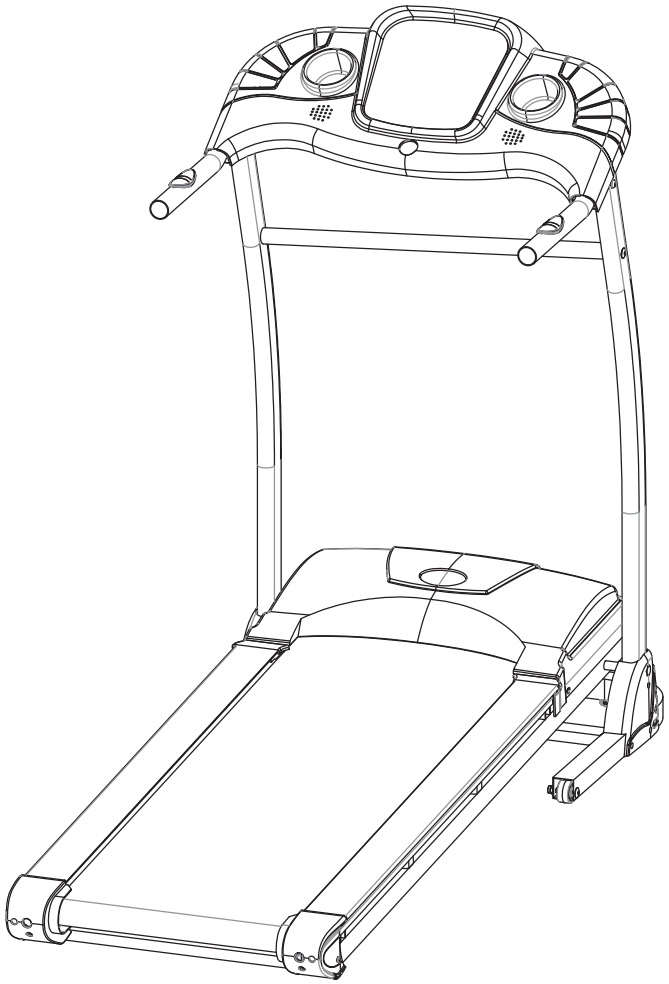
SERIAL NO. HY1967-UK

V-fit



TRV1-12 Folding Power Treadmill

Assembly & User Manual

Please ensure that you read this manual carefully before attempting to assemble or use your new product and retain for future use

Contents

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General Information	3
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Exercise Information	7
Assembly	10
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Protect the environment by not disposing of this product with household waste.

General Information

Quality

This exercise product has been designed and manufactured to comply with the latest (BS EN 957) British and European Safety Standards.

Questions

Should you encounter any difficulty with the assembly, operation or use of your exercise product or if you think that you may have parts missing, please DO NOT return it to your retailer but contact us first for help and advice, asking for CUSTOMER SUPPORT, by any of the following means.

Tel:- 01535 637711 or
Fax:- 01535 637722 or
Email:- support@benysports.co.uk

CUSTOMER SUPPORT is open from 9.00am to 5.00pm from Monday to Friday

Beny Sports Co. UK Ltd.
Unit 8, Riparian Way,
The Crossings, Cross Hills,
West Yorkshire.
BD20 7BW

Queries

If you do have any queries, please ensure that you have the following information ready for our Customer Support Staff:

YOUR NAME
YOUR ADDRESS
YOUR PHONE NUMBER
PRODUCT MAKE OR BRAND
PRODUCT MODEL
PRODUCT SERIAL NUMBER
DATE OF PURCHASE
NAME OF RETAILER
PART NUMBERS REQUIRED

Guarantee

*This product is guaranteed for **DOMESTIC USE ONLY** for a period of **1 YEAR** from the original certified date of purchase. During this period we have the right to: -*

a). Provide parts for the purchaser to effect repair.
b). Repair the product, returned to our warehouse (at the purchaser's cost).
c). Replace the product if it is deemed (by us) to be economical to do so.

This guarantee does not cover wear and tear on upholstery or consumables.

This guarantee does not cover abuse, defects caused by storage or use outside those intended.

If you need to advise us of a defect with your product and in order for us to service any requirement for replacement parts or repairs, we will ask for proof of purchase. Failure to do so will result in any claim for replacement parts or repairs being refused.

This guarantee, (both given and implied) applies to the original purchaser only, is not transferable and will be invalidated if used outside of the above criteria.

This guarantee is valid only in the United Kingdom and Eire.

This does not affect your statutory rights as a consumer.

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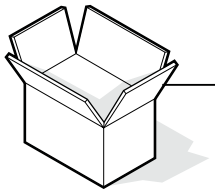
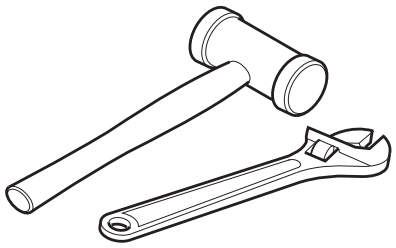


Before you Start



Tools

If required, most of our products products are supplied with basic tools, which will enable youto successfully assemble your product. However, you may find it beneficial to have a soft-headed hammer and perhaps an adjustable spanner handy as this may help.

Prepare the Work Area

It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and will reduce the possibility of injury during assembly.

Work with a Friend

You may find it quicker, safer and easier to assemble this product with the help of a friend as some of the components may be large, heavy or awkward to handle alone.

Open the Carton.

Carefully open the carton that contains your product, taking note of the warnings printed on the carton to ensure that the risk of injury is reduced. Be aware of sharp staples that may be used to fasten the flaps as these may cause injury. Be sure to open the carton the right way up, as this will be the easiest and safest way to remove all the components.

Unpack the Components

Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.

Please note that some of the parts may be pre-fitted to major components, so please check carefully before contacting our CUSTOMER SUPPORT team.

In any event, please do not return the product to your retailer before contacting us first.

Safety

Before you undertake any programme of exercise that will increase cardiovascular activity please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Please read this manual carefully before commencing assembly of your product or starting to exercise.

**Please keep all children away from exercise products when in use. Do not allow children to climb or play on them when they are not in use.*

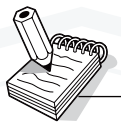
**For your own safety, always ensure that there is at least 1 Metre of free space in all directions around your product while you are exercising.*

**Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically checking all moving parts for obvious signs of wear or damage.*

**Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product, but contact CUSTOMER SUPPORT by any of the means listed on the opposite page.*

**Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping in use.*

**Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught or trapped during exercise.*



Warning

If any part of your product becomes damaged, broken or badly worn do not use the equipment until the defective parts have been replaced

Storage and Use

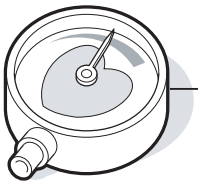
Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.

Weight Limit

Your product is suitable for users weighing:
220 LBS / 15.6 Stones / 100 KG or less.

Conformity

This product conforms to:
(BS EN 957) - PARTS 1 and 6 Class (H) - HOME USE - Class (C).
It is NOT suitable for therapeutic purposes.



Safety

Safety-Treadmill Specific

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using the treadmill.

DANGER – To reduce the risk of electric shock:

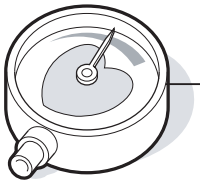
Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING – To reduce the risk of burns, fire, electric shock, or injury to persons:

1. *An appliance should never be left unattended when plugged in. Unplug from the power outlet when not in use, and before putting on or taking off parts.*
2. *Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.*
3. *Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.*
4. *Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Contact D. I. Support*
5. *Do not carry this appliance by power supply cord or use cord as a handle.*
6. *Keep the cord away from heated surfaces.*
7. *Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.*
8. *Never drop or insert any object into any opening.*
9. *Do not use outdoors.*
10. *Do not operate where aerosol (spray) products are being used or where oxygen is being administered.*
11. *To disconnect, turn all controls to the off position, then remove the plug from the power outlet.*
12. *Connect this appliance to a properly earthed power outlet only.*
13. *The appliance is intended for household use only.*
14. *This product is suitable for users weighing 220 LBS / 15.6 Stones / 100 KG or less.*

SAVE THESE INSTRUCTIONS

Exercising Information



Beginning

How you begin to exercise will vary from person to person. If you have not exercised for a long period of time, have been inactive for a while, or are severely over weight you MUST start slowly, increasing your exercise time gradually, by perhaps only a few minutes for each session per week.

Combine a carefully structured nutritious diet with a simple but effective exercise routine and this can help make you feel better, look better and will almost certainly enable you to enjoy life more.

Aerobic Fitness

Aerobic exercise is simply defined as any sustained activity that increases the supply of oxygen to your muscles via the blood pumped by your heart. With regular exercise, your cardiovascular system will become stronger and more efficient. Your recovery rate i.e. the time taken for your heart to reach its normal resting level, will also decrease.

Initially you may only be able to exercise for a few minutes each day. Do not hesitate to breathe through your mouth should you need more oxygen. Use the "talk test". If you cannot carry on a conversation while exercising, you are working too hard! However, aerobic fitness will be gradually built up with regular exercise, over the next six to eight weeks.

Do not be discouraged if it takes longer than this to begin to feel less lethargic, everyone is different and some will achieve their targets quicker than others. Work at your own, comfor table pace and the results will come. The better your aerobic fitness the harder you will have to work to stay in your target zone.

Warm Up

A successful exercise programme consists of three parts, Warm Up, Aerobic Exercise and Cool Down. Never start a training session without warming up. Never finish one without cooling down correctly. Perform between five and ten minutes of stretching before starting your workout to prevent muscle strains, pulls and cramps.

Aerobic Exercise Session

Those new to exercise should exercise no more than every other day to start with.

As your fitness level increases, increase this to 2 in every 3 days.

When you are comfortable with your routine, exercise for 6 days per week. Always take at least one day off per week.

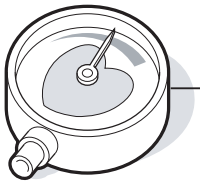
Exercising in your Target Zone

To ensure that your heart is working in its exercise target zone, you need to be able to take your pulse. If you do not have a pulse monitor (either from the product you are using or a proprietary independent unit) you will need to locate the pulse in your carotid artery. This is situated in the side of the neck and can be felt by using the index and middle fingers. Simply count the number of beats you feel in 10 seconds and then multiply by six to get your pulse rate. This should be taken before you start to exercise for easy reference.

People who have a greater aerobic fitness, have a lower resting pulse level and will also be able to exercise with a higher pulse level.

Target Zone

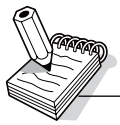
To determine your target zone, see the chart opposite. If you are new to exercise and by definition unfit, refer to the left column. If you exercise regularly and have good aerobic fitness, refer to the right column.



Exercising Information

Target Zone *(con't)*

USERS AGE	UNCONDITIONED *TARGET ZONE - A*	CONDITIONED *TARGET ZONE - B*
(Years)	(Beats per Minute)	(Beats per Minute)
20-24	145 - 165	155 - 175
25-29	140 - 160	150 - 170
30-34	135 - 155	145 - 165
35-39	130 - 150	140 - 160
40-44	125 - 145	135 - 155
45-49	120 - 140	130 - 150
50-54	115 - 135	125 - 145
55-59	110 - 130	120 - 140
60 and over	105 - 125	115 - 135



Note

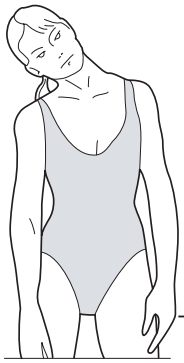
Incorrect or excessive training may damage your health. Please read the exercise information first.

Cool Down

To decrease fatigue and muscle soreness, you should also cool down by walking at a slow relaxed pace for a minute or so, to allow your heart rate to return to normal.

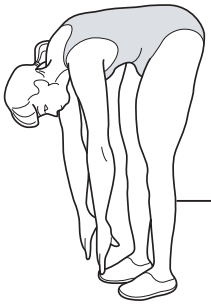
Warm Up and Cool Down Exercises

Hold each stretch for a minimum of ten seconds and then relax. Repeat each stretch two or three times. Do this before your Aerobic Exercise session and also after you have finished.



Head Roll

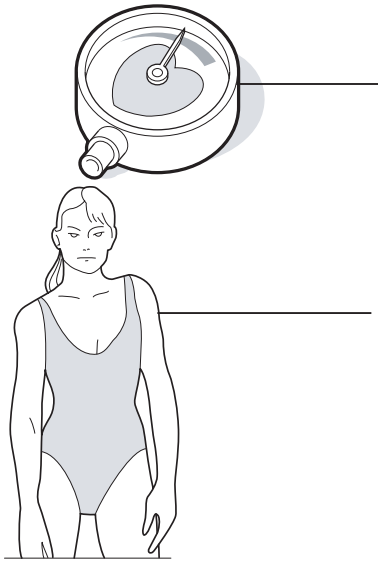
Rotate your head to the right for one count, feeling a slight pull on the left side of your neck. Next, rotate your head back for one count, stretching your chin. Then rotate your head to the left for one count, feeling a slight pull on the right side of your neck. Lastly, drop your head to your chest for one count. Repeat 2 to 3 times.



Toe Touch

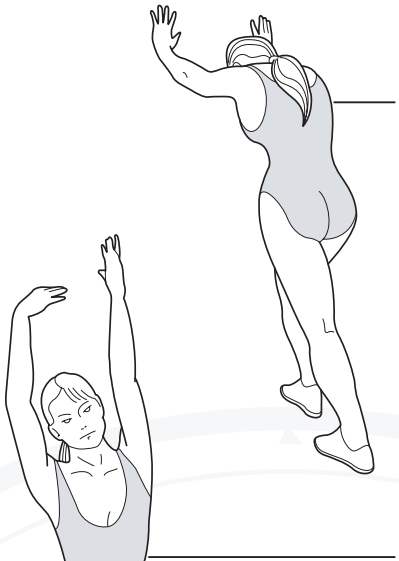
Slowly bend forward from your waist, letting your back and shoulders relax as you lower your trunk. Gently stretch down as far as is comfortable and hold for 10 seconds.

Exercising Information



Shoulder Lift

Rotate and lift your right shoulder up towards your ear for one count. Relax then repeat for the left shoulder.
Repeat 3 - 4 times.



Calf / Achilles Stretch

Turn towards the wall and place both hands on it. Support yourself with one leg while the other is placed behind you with the sole flat on the floor. Bend the front leg and lean towards the wall, keeping the rear leg straight so that the calf and Achilles tendon are stretched hold for 5 seconds. Repeat with the other leg.
Repeat 2 - 3 times.

Side Stretch

Open both arms to the side and gently lift them above your head. Reach your right arm as high as you can for one count, gently stretching the muscles of the stomach and lower back. Repeat the action with your left arm.
Repeat 3 - 4 times.

Inner Thigh Stretch

Sit on the floor and pull your legs toward your groin, the soles of your feet together. Hold your back straight and lean forward over your feet. Tighten the thigh muscles and hold for 5 seconds. Release and repeat 3 - 4 times.

Hamstring Stretch

Sit on the floor with your right leg extended and place your left foot flat against the right inner thigh. Stretch forward toward the right foot and hold for 10 seconds. Relax and then repeat with the left leg extended.
Repeat 2 - 3 times.

Assembly

Overview Drawing

USING THE SAFETY KEY

You will need to install the SAFETY KEY (2) in order to operate your product. This acts as an emergency STOP should you encounter any difficulties.

SETTING UP THE SAFETY KEY

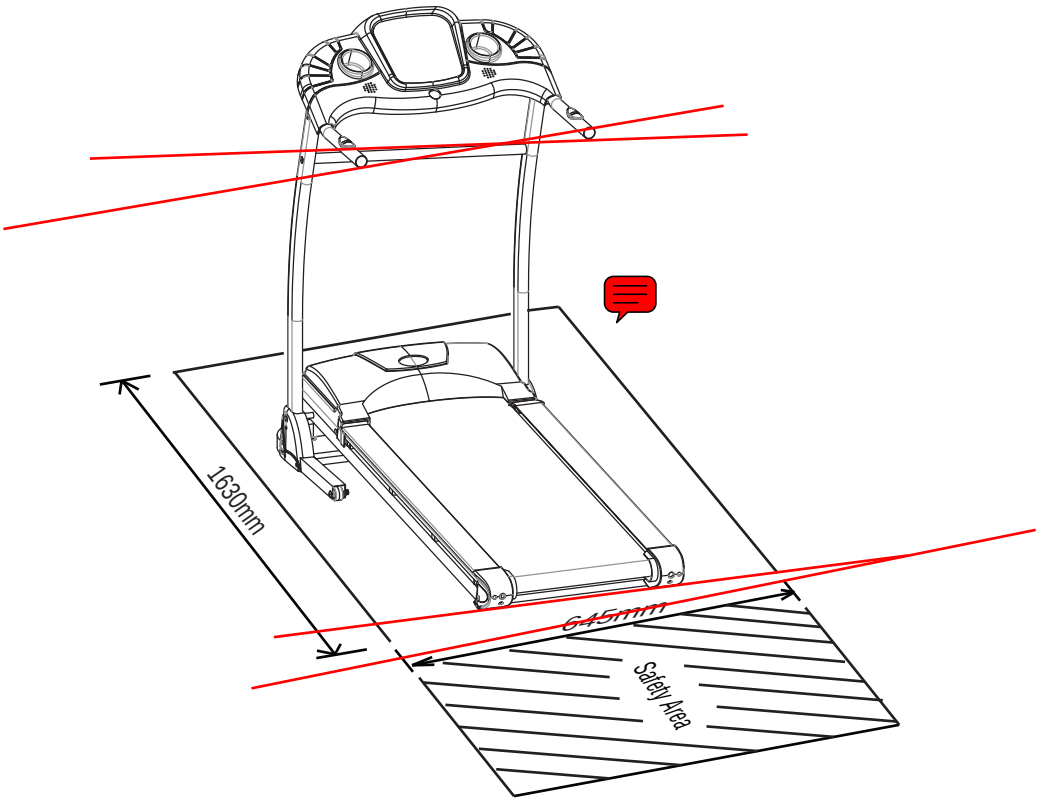
With the product switched off, place the Safety Key (2) into the recess in the front of the Computer Console (1). Extend the Safety Key chord until you can stand with both feet on the rear of the Running Belt with your heels on the Rear Roller, clip the chord to your clothing and take up the slack in the chord until it's tight. The idea is if you stumble or fall, the Safety Key will pull out and stop the treadmill. You can test this by standing in the normal position you would use the product, take a step backwards and the Safety Key should pull out.

Note

The free space required around your product

Note

The foot print for this product is 1630mm x 645mm.
The assembled weight is 45kg.

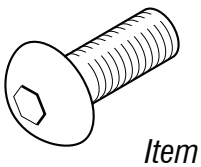


Assembly

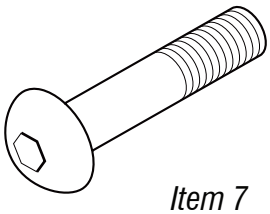
ACCESSORY FITMENT LIST

These are all the accessories you will need to complete the assembly of your product.

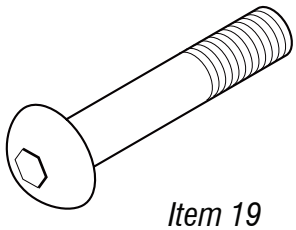
The following accessories are supplied in a pack and should be checked before attempting assembly.



Item 5
Qty 10

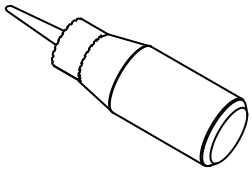


Item 7
Qty 2

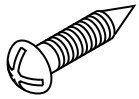


Item 19
Qty 2

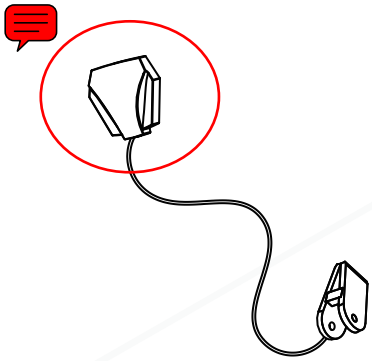
Item 6
Qty 14



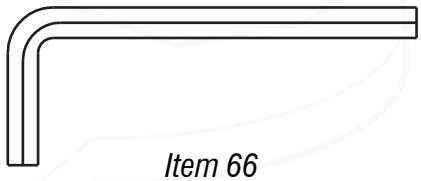
Qty 1



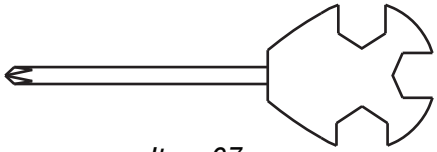
Item 54
Qty 4



Item 2
Qty 1

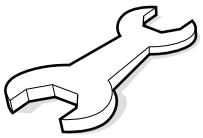


Item 66
Qty 1



Item 67
Qty 1

Assembly



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Unit 8, Riparian Way,
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BD20 7BW

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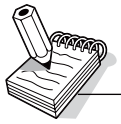
Fax:- 01535 637722 or
E-mail:- support@benysports.co.uk

CUSTOMER SUPPORT is open from 9.00am to 5.00pm from Monday to Friday

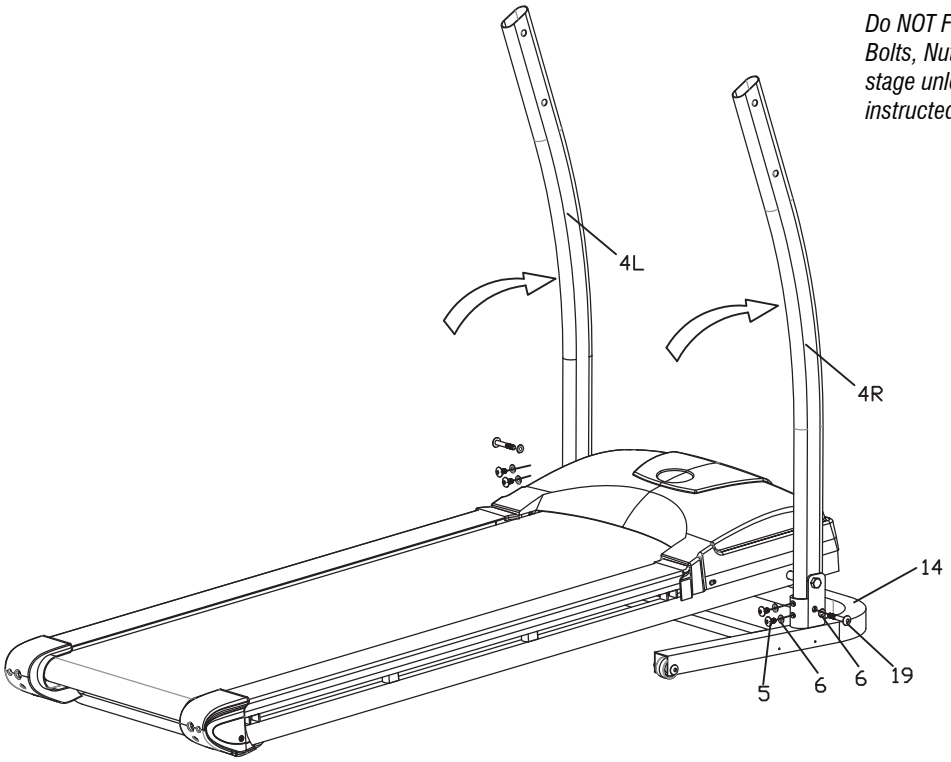
Two persons may be required to finish the assembly steps.
(Caution!! Please follow the assembly steps below to aviod injury.)

1. *Lift up and assemble the Left and Right Upright (4L & R) and secure to the Base Frame (14) using 2 x M8 x 15mm Allen Bolts (5), 1 x M8 x 50mm Allen Bolt (19) and 2 x M8 Lock Washers (6) for each side.*



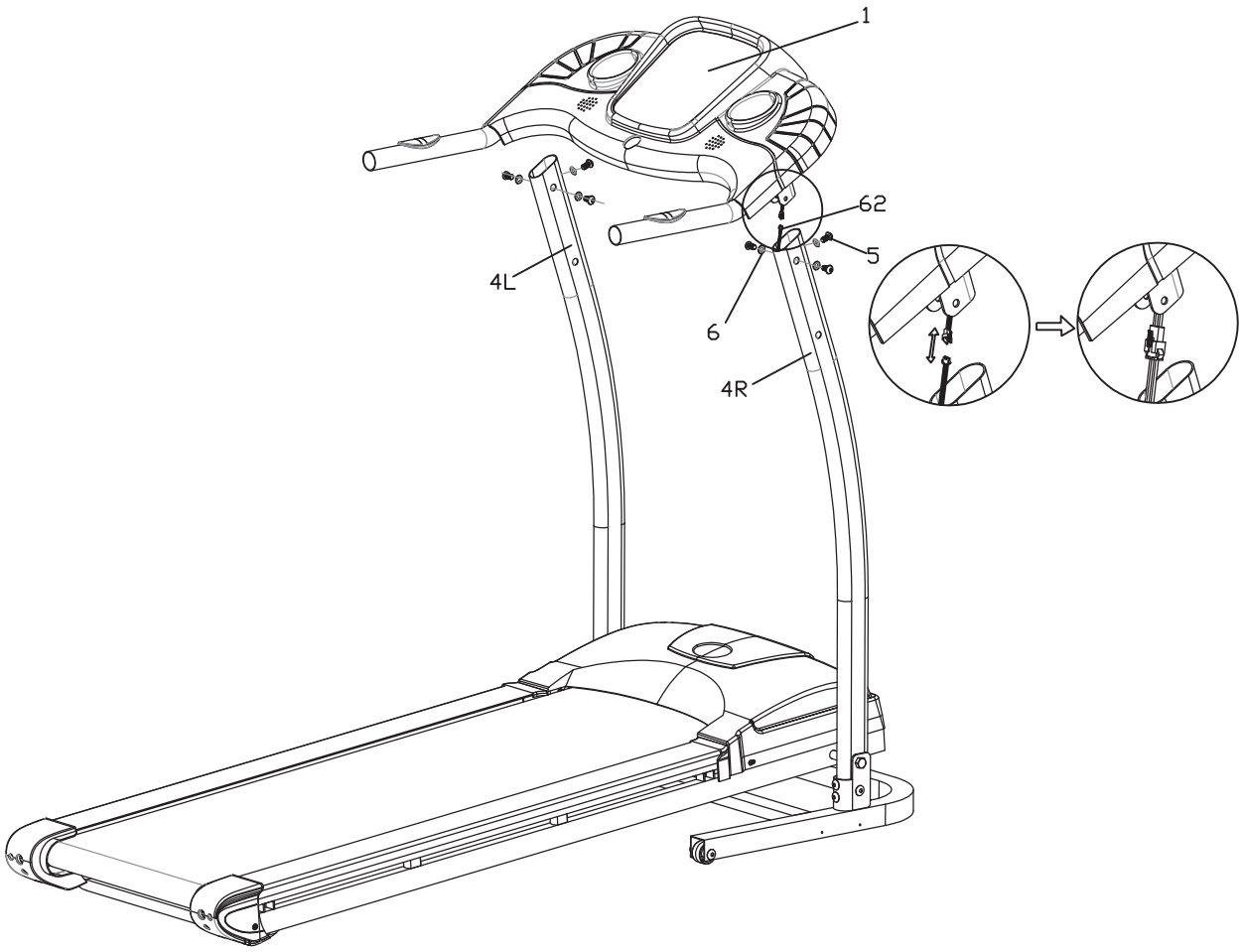
Note

Do NOT FULLY TIGHTEN any Bolts, Nuts or Fittings at this stage unless specifically instructed to do so.



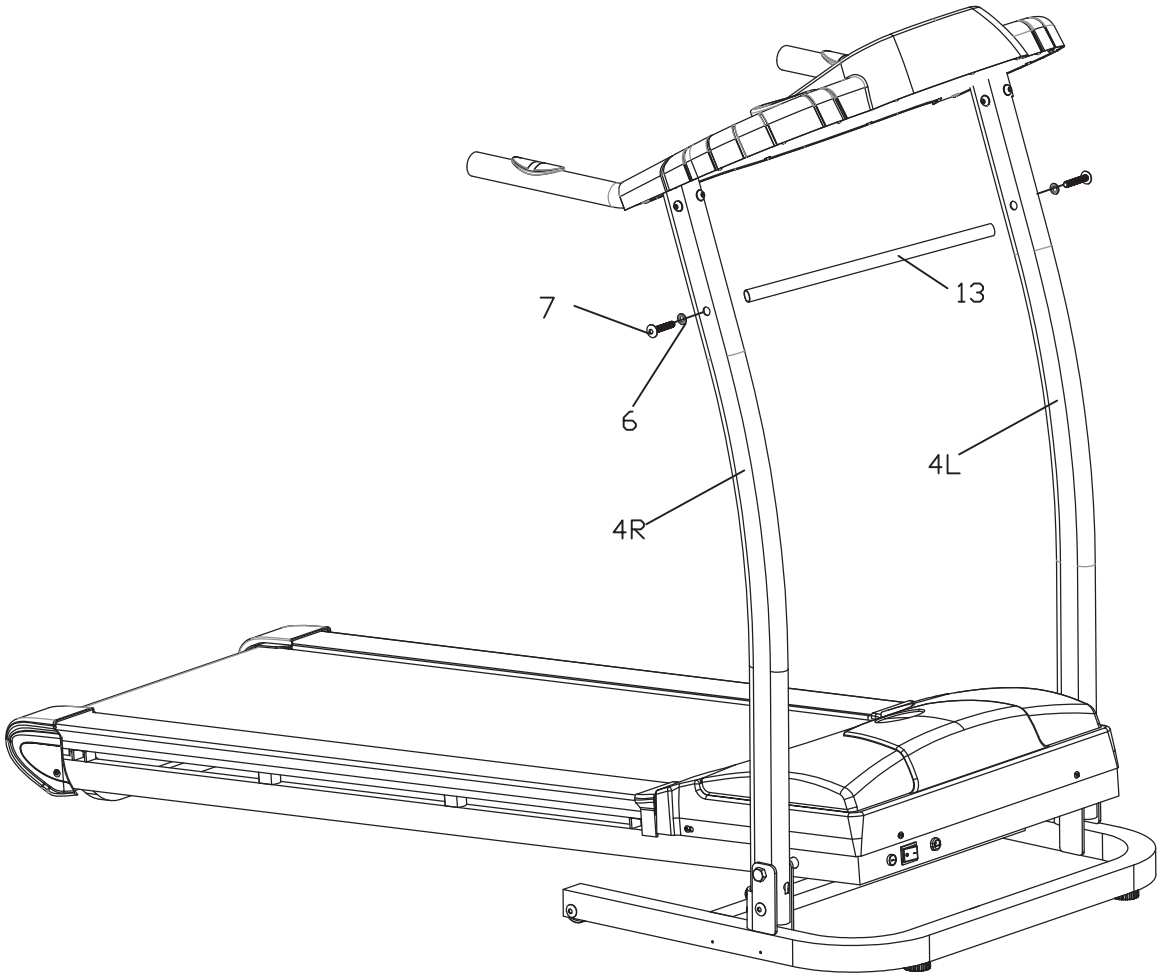
Assembly

2. *Connect the Upper Control Wire (62) in the Right Upright to the matching wire from the Console (1). Fit the Console (1) to the Uprights (4L &R) using 3 x M8 x 15mm Allen Bolts (5) and 3 x M8 Lock Washers (6) on each side.*



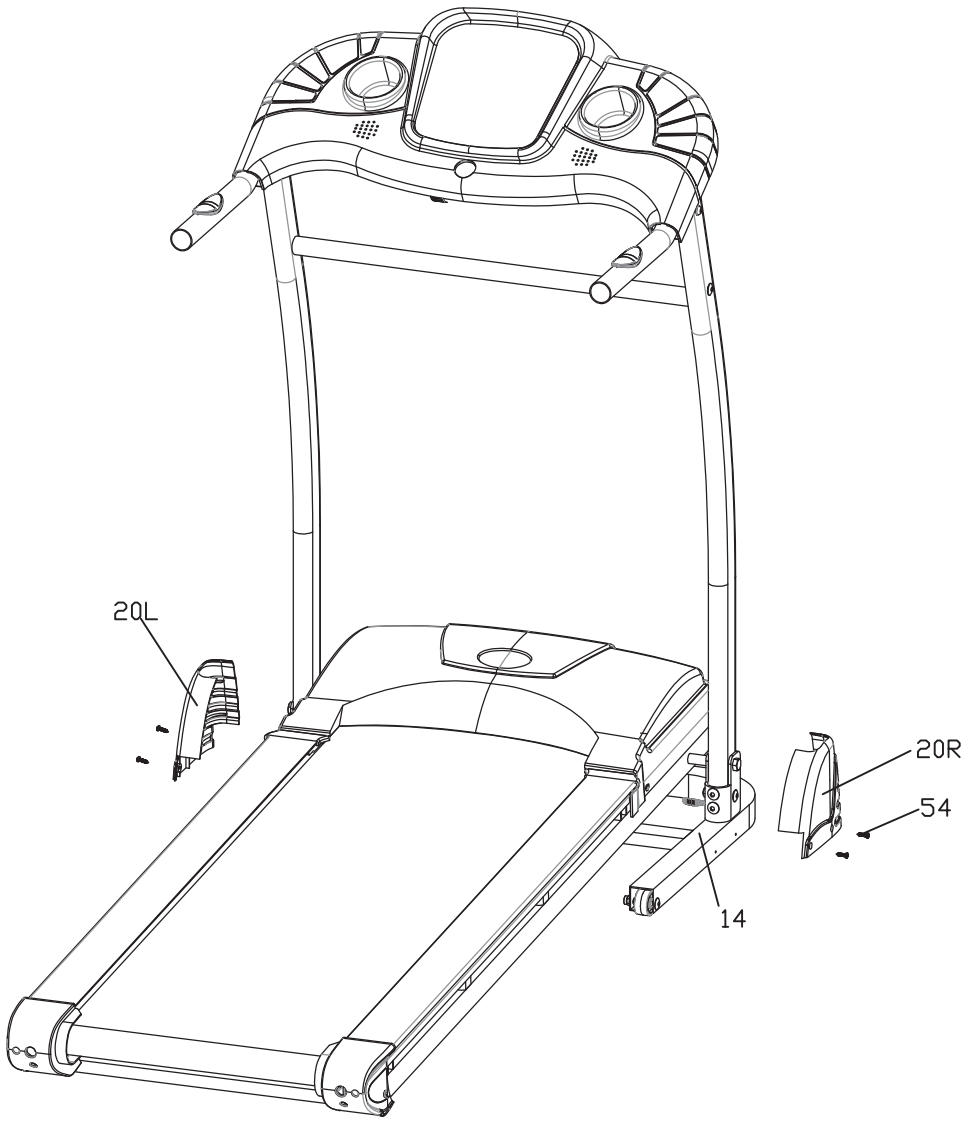
Assembly

3. *Assemble the Cross Bar (13) to the inside of the Uprights (4L & R) using 2 x M8 x 45mm Allen Bolts (7) and 2 x M8 Lock Washers (6).*



Assembly

4. *Attach the Upright Covers (20L & R) using 4 x M4 x 15mm Self Tapping Screws (54).*



Note

FULLY TIGHTEN all Bolts, Nuts and Fittings now, ensuring that your product in located on a clear flat surface before doing so. Your product will now be ready to use.

User Instructions

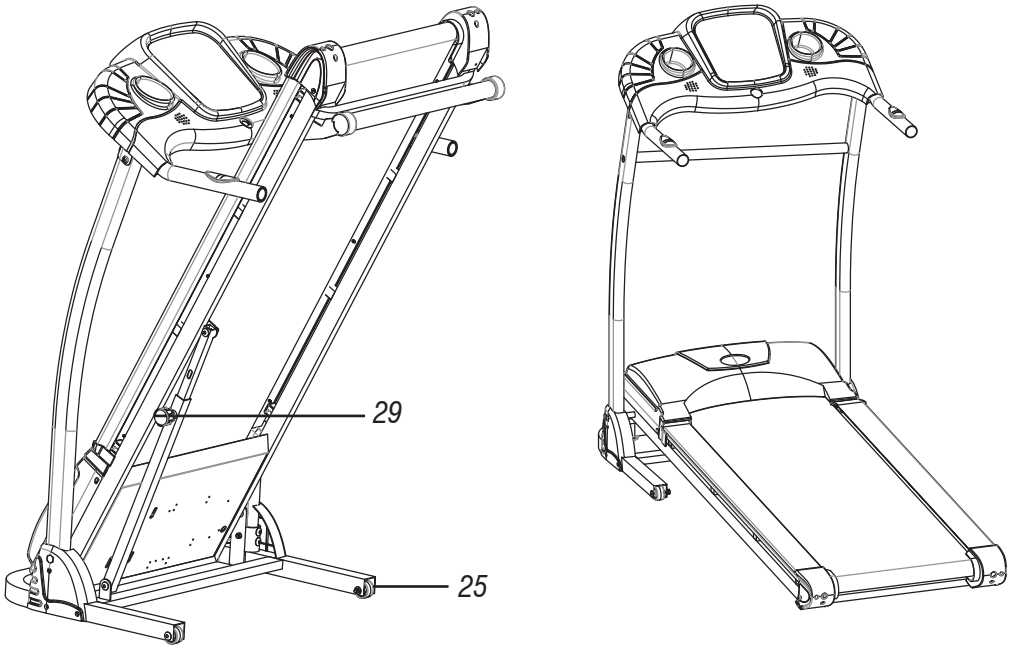
TO FOLD YOUR TREADMILL

1. *Lift the rear of the Main Frame and fold upwards until the Locking Knob (29) locks into position.*

2. *To lower the Treadmill, support the Running Deck and pull the Locking Knob (29) to disingage the Locking Knob (29) and gently lower the Running Deck to the ground.*

WARNING

When lowering the treadmill.
The Running Deck must be supported.



TREADMILL MOVING INSTRUCTIONS

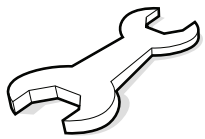
WARNING: - THIS TREADMILL IS HEAVY & WHILE THE FRAME IS BALANCED IT SHOULD BE MOVED WITH GREAT CARE AS POSSIBLE INJURY MAY RESULT FROM INCORRECT MOVEMENT.

TO MOVE THIS TREADMILL WHEN ASSEMBLED, PLEASE ENSURE THAT YOU LIFT (& CONFIRM AS LOCKED) THE RUNNING DECK INTO AN UPRIGHT POSITION. THE POP-PIN OR FRAME LOCK MUST BE FULLY ENGAGED.

TILT THE RUNNING DECK TOWARDS YOU TO DISENGAGE THE FLOOR FRAME FROM ITS FLAT POSITION ON THE FLOOR & TO ENSURE THAT THE FRAME TRANSPORTATION WHEELS (25) RUN SMOOTHLY.

CAREFULLY MANOEUVER THE TREADMILL TO ITS DESIRED POSITION.

User Instructions



ADJUSTING THE RUNNING BELT TRACKING

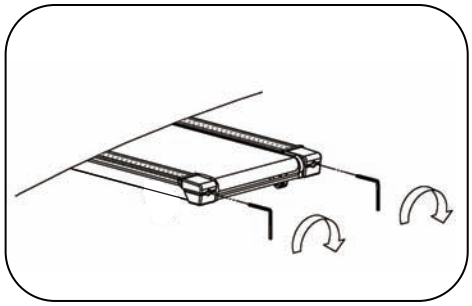
- *If the Running Belt tends to move off central during operation, step off the belt and stop the Treadmill.*

Start the Treadmill in Manual Programme Mode and adjust the speed to 3mph.

Take the 5mm Allen Wrench and adjust the Rear Roller Location Bolts, which are accessible through the Rear Frame Caps.

If the belt is moving towards the RIGHT side of the Treadmill Running Board, turn the RIGHT Rear Roller Location Bolt 1/4 turn CLOCKWISE and let the Running Belt find its new position. If it is still moving towards the RIGHT side of the Treadmill Running Board, turn the Bolt a further 1/4 turn.

If the belt is moving towards the LEFT side of the Treadmill Running Board, turn the LEFT Rear Roller Location Bolt 1/4 turn CLOCKWISE and let the Running Belt find its new position. If it is still moving towards the LEFT side of the Treadmill Running Board, turn the Bolt a further 1/4 turn.



Continue this operation until the Running Belt is running centrally.

Please take care to ensure that the Running Belt does not foul the Side Strips, as this will cause premature wear to both the Running Belt and the Side Strips.

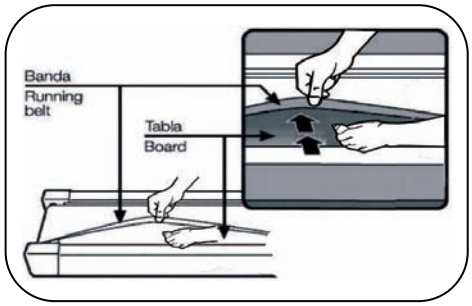
LUBRICATING THE RUNNING BELT

- *Dependent upon usage and user weight it will be necessary periodically to lubricate the underside of the Running Belt.*

To ensure that this is done successfully, take the 5mm Allen Wrench and adjust the Rear Roller Location Bolts, which are accessible through the Rear Frame Caps. Rotate each bolt a full 4 turns ANTI-CLOCKWISE to slacken off the belt.

Lift the sides of the belt and run a small bead of lubricant onto the Running Board and if possible spread this with a small brush or cloth to ensure even coverage on the Running Board.

Re-tighten the Running Belt by adjusting the Rear Roller Location Bolts CLOCKWISE until the belt is running centrally on the Running Board.



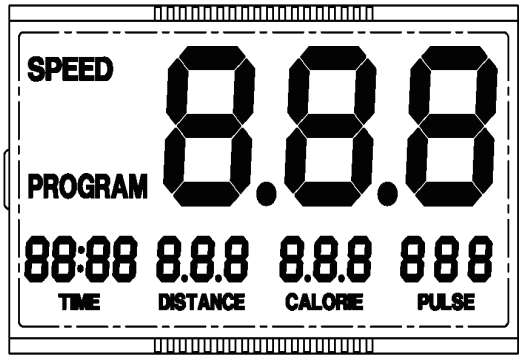
Please see table below for suggested lubrication frequency.

Please follow the guide below to ensure efficient operation of your Treadmill.

- Light Use of up to 3 hours per week – Lubricate every 8 months
- Moderate Use of up to 5 hours per week – Lubricate every 4 months
- Heavy or Extended Use over 5 hours per week – Lubricate every 3 months

User Instructions

1. CONSOLE PANEL



2. FUNCTION KEY:

2.1"START" "STOP": button, in standby mode, press the START button to start the treadmill. Press the STOP to stop the treadmill, all data will be saved. To clear all data, pull the Safety Key out.

2.2 PROGRAMME: button, in standby mode, press the "P" button to cycle through (P1、P2、P3、P4、P5、P6、P7).

2.3 MODE: button, in standby mode, press the "M" button to select between Time, Distance and Calories.
Change the Time, Distance and Calories by pressing "+ or -" buttons, then press START to begin exercise.

2.4 SPEED"+": button, while exercising, press the Speed "+" button to increase the speed in 0.1KM/H increments.
Press and hold the button to increase the speed quicker.

2.5 SPEED"-": button, while exercising, press the Speed "-" button to decrease the speed in 0.1KM/H increments.
Press and hold the button to decrease the speed quicker.

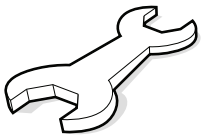
2.6 "QUICK SPEED": 4 speed short cut buttons, while exercising, choose between any speed 3,6,9,12.

3. PROGRAMME

3.1 Countdown Time training mode: in standby mode, press the "MODE" button, the Time window display will flash, the default setting displays 30:00, press +/- button to set the required value. The setting range: 5-99 minutes.
Press the "START" button to begin exercising. When the countdown time reaches 00:00, the treadmill will stop automatically.

3.3 Countdown Distance training mode: in standby mode, press the "MODE" button twice, the Distance window display will flash, the default setting displays 5.0KM, press +,- button to set the required value. The setting range: 0.5-99.0KM.
Press the "START" button to begin exercising. The start up speed is 0.8KM/H, press SPEED+/- to increase or decrease the speed.
When the countdown Distance reaches 0.0, the treadmill will stop automatically.

User Instructions

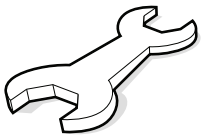


3.4 Countdown Calorie training mode: in standby mode, press the "MODE" button 3 times, the Calories window display will flash, the default setting displays 100CAL, press the +,- button to set the required value. The setting range: 20-990CAL. Press the "START" button to begin exercising. The start up speed is 0.8KM/H, press SPEED+/- to increase or decrease the speed. When the countdown Calories reach 0, the treadmill will stop automatically.

3.5 Programme mode: Press the Programme "P" button and select between P1-P7. Once selected, the Time Window will flash. The default setting is 30:00 minutes. Press the +/- button to change the Time between: 5-99 minutes. Press the "START" button to begin exercising. When the countdown Time reaches 00:00, the treadmill will stop automatically. You can change the Programme data at any point during the exercise, press the +/- button.

3.6 Programme Table

	P1	P2	P3	P4	P5	P6	P7
level	Speed	Speed	Speed	Speed	Speed	Speed	Speed
1	3.0	5.0	4.0	2.0	3.0	4.0	4.0
2	4.0	6.0	4.0	3.0.	4.0	5.0	4.0
3	5.0	7.0	4.0	4.0	5.0	6.0	4.0
4	6.0	8.0	5.0	5.0	6.0	7.0	4.0
5	7.0	9.0	5.0	6.0	7.0	8.0	4.0
6	8.0	10.0	5.0	6.0	7.0	8.0	5.0
7	8.0	10.0	6.0	6.0	7.0	8.0	5.0
8	8.0	10.0	6.0	6.0	7.0	8.0	5.0
9	8.0	10.0	6.0	6.0	7.0	8.0	5.0
10	5.0	7.0	7.0	5.0	6.0	8.0	5.0
11	5.0	7.0	7.0	4.0	5.0	7.0	5.0
12	8.0	10.0	7.0	3.0	4.0	6.0	6.0
13	8.0	10.0	8.0	3.0	4.0	5.0	6.0
14	8.0	10.0	8.0	4.0	5.0	5.0	6.0
15	8.0	10.0	8.0	5.0	6.0	6.0	6.0
16	5.0	7.0	9.0	6.0	7.0	7.0	6.0
17	5.0	7.0	9.0	6.0	7.0	8.0	6.0
18	8.0	10.0	9.0	6.0	7.0	8.0	6.0
19	8.0	10.0	10.0	7.0	8.0	8.0	7.0
20	8.0	10.0	10.0	7.0	8.0	9.0	7.0
21	8.0	10.0	10.0	7.0	8.0	9.0	7.0
22	5.0	7.0	10.0	6.0	7.0	9.0	7.0
23	5.0	7.0	10.0	5.0	6.0	8.0	7.0
24	8.0	10.0	10.0	4.0	5.0	7.0	8.0
25	8.0	10.0	10.0	3.0	4.0	6.0	8.0
26	8.0	10.0	10.0	3.0	4.0	5.0	8.0
27	8.0	10.0	7.0	7.0	5.0	5.0	8.0
28	6.0	6.0	7.0	7.0	6.0	5.0	7.0
29	5.0	3.0	5.0	3.0	7.0	4.0	6.0
30	4.0	2.0	3.0	1.0	6.0	4.0	5.0



4. HEART BEAT TEST

4.1 Place both hands on the Pulse Pads, the Speed/Pulse window will show your pulse value.

4.2 Check before exercise, feet standing on the both sides of the side rails, and both hands holding the pulse pads, wait for 20 seconds and your Heart Rate will be displayed.

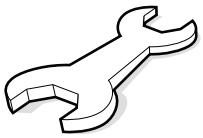
4.3 Check after exercise, feet standing on the both sides of the side rails, and both hands hold the pulse pads, wait for 20 seconds and your Heart Rate will be displayed.
(Note: In order to get a more accurate reading, please do not test while running)

5. ERROR SIGNAL

5.1 Please check the error Signal display in *the window*

Er 1: Display panel doesn't receive signal
Er 3: Over voltage
Er 4: Over current
Er 5: Over weight
Er 6: Motor connection
Er 7: Controller doesn't receive signal
SAFE: Safety protection

User Instructions



OPERATION INSTRUCTION

1. BEFORE START

1.1 Plug in the power cord to a suitable earthed outlet *and* turn the On/Off Switch to the ON position *at the front of the machine.* If the machine is not in use*, please turn off the power.*

1.2 Cl*ip the safe key on t*o your *clothes and p*lace *the* Safety Key *magnet into the computer. If the* S*afety* Key *is not* placed in the correct position *the t*readmill *will not work.*

2. START

2.1 Press the *START* button and *the* treadmill will *begin to work with* a *starting speed 1.0KM/h*

2.2 Press the +/- button to increase or decrease the *speed* in *0.1 KM/h* increments*. Press* and hold *the* button to increase or decrease *the speed* quicker*. The highest speed is 12KM/h while the lowest is 1.0 KM/h.*

3. TWO WAYS TO STOP THE MACHINE

3.1 Pulling the S*afe* K*ey will stop* the treadmill quickly. T*o restart* simply *pl*ace the Safety Key back onto the Computer and press the Start button to begin your exercise*.*

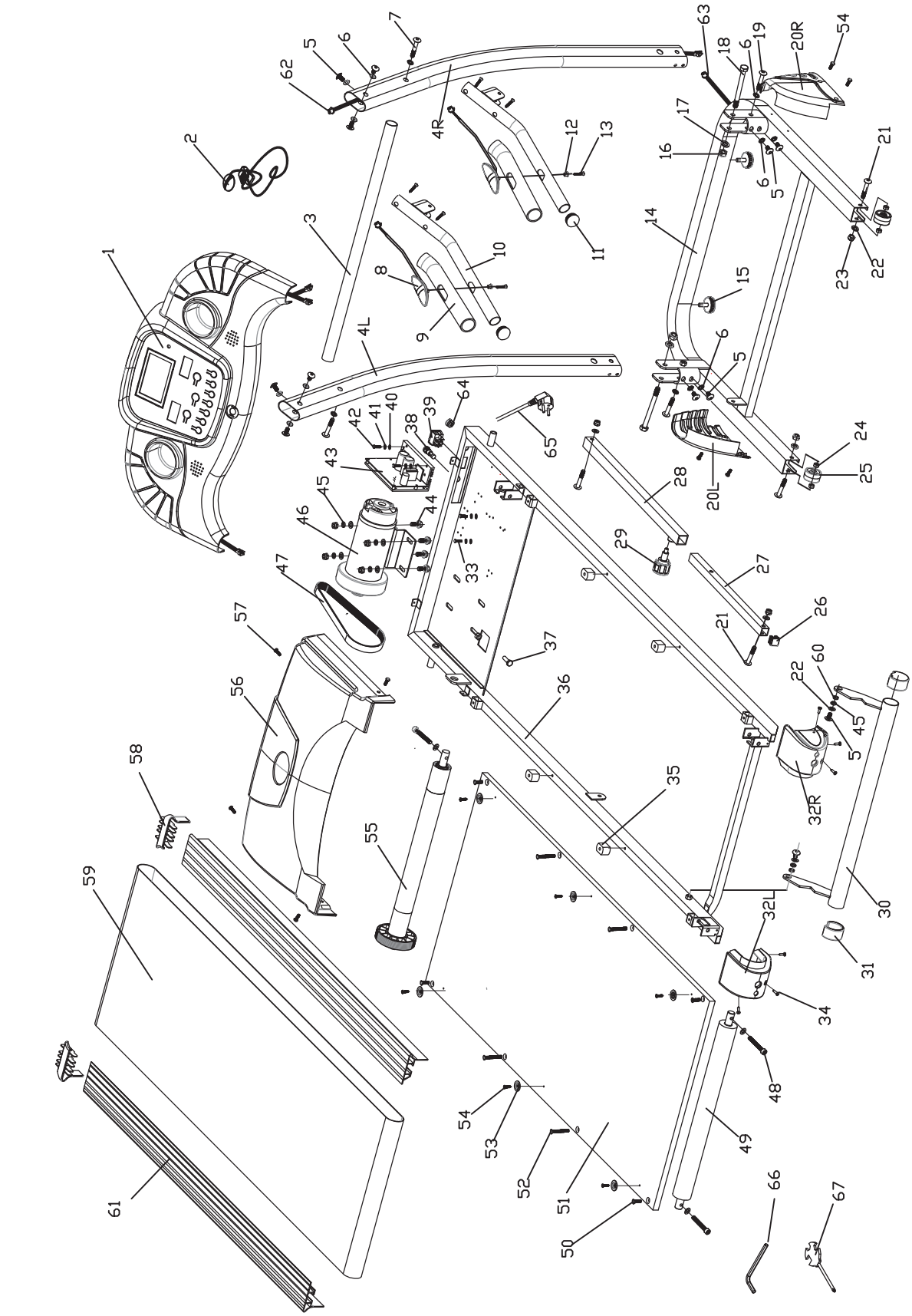
3.2 Press STOP button and *the* treadmill *will stop working*

IMPORTANT SAFETY INSTRUCTION

1. PREPARATION BEFORE START

1. The treadmill is for home use only.
*2. The voltage for the treadmill is 220-*250volts AC*.*
3. Before operating the treadmill*, please do* a *10-minute warm-up and wear clothes and shoes that are suitable for sports*.
4. Do not stand on the treadmill when you adjust, test or start the treadmill.
5. Be careful when you get on or off the treadmill*. Before starting the treadmill, please hold the handlebars and place your feet on the side rails (not the running belt). After starting the treadmill, stand on the belt with the treadmill running at the lowest speed. Then increase the speed gradually. Before getting off the machine, please decrease the speed to the lowest level or stop the treadmill to prevent injury*.
6. When operating, remove the safety key at any time, the motor will stop working and the computer will give an audiable warning.
7. Children should be supervised by adults when they play on or near the treadmill.
8. The motorised treadmill should be protected from sunshine, damp and dirt. All the parts should be checked and cleaned monthly.

Assembly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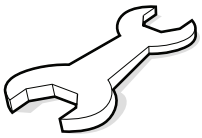
Assembly



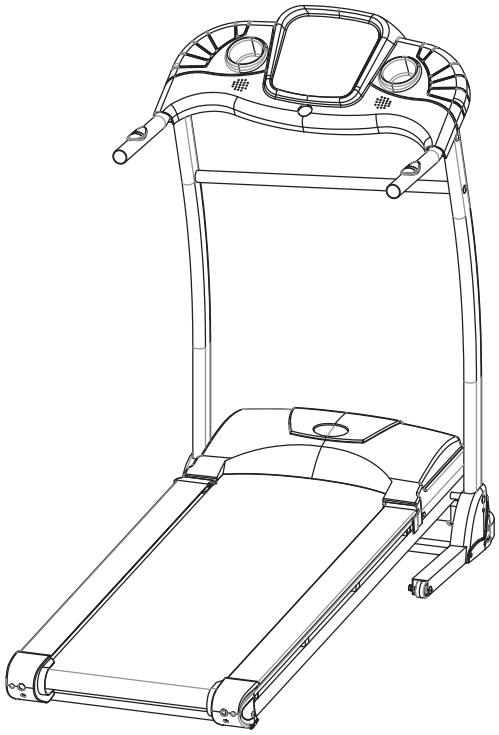
PARTS LIST

PART No.	DESCRIPTION	QTY
1	Computer Console	1
2	Safety Key	1
3	Cross Bar	1
4	Upright (L&R)	2
5	M8 x 15mm Allen Bolt	12
6	M8 Lock Washer	14
7	M8 x 45mm Allen Bolt	2
8	Hand Pulse Pad	2
9	Foam Grip	2
10	Handlebar	2
11	Round End Cap.	2
12	Plastic Tube	2
13	M4.2 x 25mm Self Tapping Screw	6
14	Base Frame	1
15	Rubber Foot Pad	2
16	M10 Nut	2
17	M10 Flat Washer	2
18	M10 x 110mm Hex Bolt	2
19	M8 x 50mm Allen Bolt	2
20	Upright Cover (L & R)	2
21	M8 x 40mm Allen Bolt	2
22	M8.5 Flat Washer	14
23	M8 Nut	8
24	Transportation Wheel Tube	2
25	Transportation Wheel	2
26	20mm x 20mm End Cap	1
27	Fold Support Tube Upper	1
28	Fold Support Tube Lower	1
29	Locking Knob	1
30	Manual Incline Bar	1
31	Rubber Foot Pad	2
32	Rear Cap (L+R)	2
33	M4 x 12mm Allen Bolt	2
34	M4.2 x 15mm screw	6
35	Bumper	6
36	Main Frame	1
37	M8 x 25mm Hex Bolt	1
38	Fuse Set	1
39	Power On/Off Switch.	1
40	M4.2 Spring Washer	4
41	M5.1 Washer	4
42	M4 x 15mm Screw	2
43	Motor Control Board (MCB).	1
44	M8 x 20mm Hex Bolt	4
45	M8.1 Flat Washer	6
46	Motor	1
47	Drive Belt	1
48	M8 x 55mm Allen Bolt	3
49	M46 Rear Roller	1
50	M6 x 20mm Screw	4
51	Running Deck	1
52	M6 x 40mm screw	4
53	Side Cover Fixer	6
54	M4 x 15mm Self Tapping Screw	12
55	M46 Front Roller	1
56	Motor cover	1
57	M5 x 15mm Screw	4
58	Side Rail Front Cover	2
59	Running Belt	1
60	Spacer	2
61	Side Rail	2
62	Upper Control Wire	1
63	Lower Control Wire	1
64	Wire Clip	1
65	Power Cord	1
66	S6 Wrench	1
67	Wrench	1

Note

Some of the above accessories are pre-fitted to the master component. They may not be supplied separately

V-fit



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